

**WHAT IS CLAIMED IS:**

1. An article of furniture, comprising:
  - a support having a support surface;
  - a plurality of air bladders mounted relative to said support surface, each said air bladder having expandable foam therein;
  - 5 at least one fluid line fluidly coupling said air bladders together; and
  - a single valve fluidly coupled with said at least one fluid line.
2. The article of claim 1, wherein said at least one fluid line is coupled to said air bladders in one of parallel and series.
3. The article of claim 2, wherein said at least one fluid line is coupled to said air bladders in parallel.
4. The article of claim 1, wherein said expandable foam has an expanded state, said expandable foam being characteristically biased toward said expanded state.
5. The article of claim 4, wherein said single valve is configured to be selectively closed to prevent air from flowing into said air bladders and thereby prevent further biasing of said expandable foam toward said expanded state thereof.
6. The article of claim 1, wherein said support comprises a seat back, said seat back having a flexible support member attached thereto, said at least one fluid line and said air bladders being mounted between said support surface and said flexible support member.
7. The article of claim 6, wherein said air bladders and said flexible support member are configured for conjunctively providing lumbar support on said seat back.
8. The article of claim 1, wherein said air bladders are configured to be selectively contoured.

9. The article of claim 1, wherein said article of furniture is one of a chair, recliner,  
5 rocker, couch, sofa, ottoman, stool, desk, keyboard support and wrist pad for use with a keyboard support.

10. An air bladder system for use with a support of an article of furniture, comprising:  
a plurality of air bladders configured for mounting in association with the support, each  
said air bladder having expandable foam therein;  
at least one fluid line fluidly coupling said air bladders together; and  
5 a single valve fluidly coupled with said at least one fluid line.

11. The air bladder system of claim 10, wherein said at least one fluid line is coupled to  
said air bladders in one of parallel and series.

12. The air bladder system of claim 11, wherein said at least one fluid line is coupled to  
said air bladders in parallel.

13. The air bladder system of claim 10, wherein said expandable foam has an expanded  
state, said expandable foam being characteristically biased toward said expanded state.

14. The air bladder system of claim 13, wherein said single valve is configured to be  
selectively closed to prevent air from flowing into said air bladders and thereby prevent further  
biasing of said expandable foam toward said expanded state thereof.

15. The air bladder system of claim 10, wherein said air bladder system is configured to  
be attached one of temporarily and permanently to the support.

16. The air bladder system of claim 15, wherein said air bladder system is configured to  
be attached permanently to the support.

17. A method of adjusting an air bladder system associated with a support of an article of  
furniture, said method comprising the steps of:

providing an air bladder system in association with said support, said air bladder system including:

5                   a plurality of air bladders mounted with respect to the support, each said air bladder having expandable foam therein, said expandable foam having air therein;

                  at least one fluid line fluidly coupling said air bladders together; and

                  a single valve fluidly coupled with said at least one fluid line;

10           opening said single valve;

                  compressing at least one said air bladder and said expandable foam associated therewith, thereby forcing at least a portion of the air from said expandable foam, said portion of the air escaping into said at least one fluid line and out through said open single valve; and

                  closing said single valve to prevent ingress of air into said expandable foam of said at  
15   least one compressed air bladder.

                  18. The method of claim 17, further comprising the step of opening said single valve to allow the ingress of air into said expandable foam of said at least one compressed air bladder, thereby permitting said expandable foam to fill with air and expand.